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TEACHING GUIDES FOR DIABETES EDUCATION PROGRAMS

SELECTED ANNOTATIONS

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DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE
PUBLIC HEALTH SERVICE • NATIONAL INSTITUTES OF HEALTH
NATIONAL INSTITUTE OF ARTHRITIS, METABOLISM, AND DIGESTIVE DISEASES

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TEACHING GUIDES FOR DIABETES EDUCATION PROGRAMS

SELECTED ANNOTATIONS

PREFACE

This bibliography has been prepared as a resource for health care providers and has been organized into two sections: resources for health professionals and patient study guides. Materials were selected on the basis of one or more of the following criteria: (1) they are instructional vs. simply informational; (2) they are used by health professionals to design a program; or (3) they are used by patients and families as a study guide. No attempt has been made to assess the educational value of the entries nor does their inclusion imply endorsement by the National Institute of Arthritis, Metabolism, and Digestive Diseases. If an item has been evaluated by an organization, that information is included. This listing represents an overview of materials available on this subject; it is not intended to be exhaustive. Since the Clearinghouse does not distribute materials, please contact the source indicated. The Clearinghouse welcomes your comments, inquiries, and additional materials.

Explanatory Notes

1. Printed immediately following the annotation is its source, unless it has been prepared by Clearinghouse staff:

AVLINE	Annotations reprinted from Audio Visuals On-line, National Library of Medicine
UM	Abstract from the University of Michigan, Furstenberg Student Study Center. Audiovisual Resources for Diabetes Education. Ann Arbor: The University, 1978.
-M	Abstract modified by Clearinghouse staff

2. All bibliographic citations (including punctuation and abbreviations) are based on National Library of Medicine indexing practices and the American National Standard for Bibliographic References.

3. Abbreviations Used:

AA:	Author abstract
AAMC:	Association of American Medical Colleges
b&w:	Black and white
ed:	Editor; edition
[n.d.]:	Date unknown
sd:	Sound

4. Large Print: type size 16 pt. or larger; recommended by the National Accreditation Council for Agencies Serving the Blind and Visually Impaired.

TEACHING GUIDES FOR DIABETES EDUCATION PROGRAMS

SELECTED ANNOTATIONS

PROFESSIONAL RESOURCES

Print Materials

1. Diabetes: A Guide in Teaching the Diabetic. Division of Early Disease Detection. Columbia, SC: Department of Health and Environmental Control; 1978. 64 p.

   This curriculum was developed to assist in the implementation of diabetic teaching programs in South Carolina. The book covers 12 instructional areas, or concepts, each of which is divided into six sections: concept, behavioral objective, content, learning activities, and evaluation. Tools for evaluating student progress and modes of presentation are offered. A materials list and glossary are also included.

   Price: $6.00; $4.25 without cover.

   Source: Division of Early Disease Detection; South Carolina Department of Health and Environmental Control; 2600 Bull Street; Columbia, SC 29201. (803) 758-4132.

2. Diabetes Education Program: Part I - Nursing. Loma Linda University Medical Center. 3d ed. Loma Linda: Loma Linda University Medical Center; 1977. 124 p.

   The purpose of this illustrated manual is to guide individuals and institutions considering the development of an education program for diabetes. Part I describes the entire education program complete with class lecture material, forms used by the Diabetes Education Program, chart forms used by the medical center, sources for teaching aids, and a bibliography.

   Price: $6.25 plus shipping.

   Source: Loma Linda University Medical Center; 11234 Anderson Street; Loma Linda, CA 92354. (714) 796-0116.

3. Diabetes Guidebook: Diet Section. J. K. Davidson; M. P. Goldsmith. 3d ed. Columbus, GA: Litho-Krome; 1979. 28 p.

This illustrated manual was developed to accomplish three objectives in simplifying communication related to diet therapy: (1) to be easily understood; (2) to simplify the techniques of writing a proper dietary prescription and of translating that prescription into food servings, and (3) to include all foods frequently eaten in the southern United States. Removable stamps allow the health professional to prescribe individualized diets. Guidelines for professionals are provided. (AA-M)

Price: $11.00.

Source: Mr. James L. Johnson; Diabetes Unit; Emory University School of Medicine; 69 Butler Street, S.E.; Atlanta, GA 30303. (404) 588-3716.

4. Diabetes Mellitus: Assessment Guides. J. D. Watkins; F. T. Moss; P. A. Lawrence; T. F. Williams; V. C. Coyle. Charlotte: North Carolina Affiliate; 1971. 18 p.

Assessment Guides have been prepared to assist health professionals in obtaining information about patients' knowledge and management within the following areas: urine testing; medication measurement and administration; emergency situations; foot care; and diet. A brief explanatory section with an example preceeds the guides, each of which includes an outline of points a patient should know and a form. Permission is given to reproduce the forms with credit.

Price: $1.50.

Source: American Diabetes Association, North Carolina Affiliate, Inc.; 408 North Tryon Street; Charlotte, NC 28202. (704) 333-1568.

5. Education and Management of the Patient with Diabetes Mellitus. D. D. Etzwiler; K. Hess; A. Hirsch; L. Morreau, ed. Elkhart: Ames; 1978. 90 p. Accompanied by: 6 booklets, 13 p. each.

Health professionals are offered a model for developing comprehensive patient education and management programs. Section I focuses on instructional program planning. Section II outlines a model for implementing the instructional program with chapters on professional and patient tasks, guidelines for the diabetes health care team, patient motivation, problem situations, and educational materials. The book is accompanied by six copies of a booklet, "Guidelines for the Diabetes Health Care Team," which contains check lists of professional and patient responsibilities which the patient should keep up to date as he progresses from the diagnostic phase through an evaluation phase.

Price: $5.95.

Source: Diabetes in the News; 233 East Erie Street, Suite 712; Chicago, IL 60611. (312) 664-9780.

6. A Guide for Professionals: The Effective Application of "Exchange Lists for Meal Planning." [anon.]. New York, Chicago: American Diabetes Association and American Dietetic Association; 1977. 23 p.

The guide was designed to help diet counselors use exchange lists most effectively. Since existing programs of diet counseling may differ from one institution to another, the booklet can serve as source material for adaptation to local needs. Sample charts and forms are offered. Diet counselors are urged to become familiar with basic revisions and additions to the exchange lists before using the guidebook.

Price: $1.50.

Source: American Diabetes Association, Inc.; National Heaquarters; 600 Fifth Avenue; New York, NY 10020. (212) 541-4310. American Dietetic Association; 430 North Michigan Avenue; Chicago, IL 60611. (312) 280-5000.

7. A Guide to Self-Care in Diabetes for Nurses and Dieticians. Supplement. [anon.]. Lincoln, NE: Nebraska Regional Medical Program; [n.d.]. 50 p.

A multi-disciplinary approach to instructing the diabetic patient in self-care is provided. Topics include: assessment of patient knowledge, approaches to patient nutrition histories, and group class outlines, sample questionnaires and quizzes.

Price: $1.25 plus $0.20 postage.

Source: American Diabetes Association, Nebraska Affiliate, Inc.; 7377 Pacific Street; Oak Park Plaza, Suite 216; Omaha, NE 68114. (402) 391-1251.

8. Nutrition Instruction Packet. Division of Early Disease Detection. Columbia, SC: Department of Health and Environmental Control; 1979. Accompanied by: 3 fold-out meal planning charts and meal planning stamps.

These materials were developed to aid the diet counselor in offering diet instruction that is easily understood and provides a variety of food choices. A system of food stamps and a large chart are included for use in instructing a patient on any modified diet.

READEX FICHE

Price: $3.00.

Source: Division of Early Disease Detection; South Carolina Department of Health and Environmental Control; 2600 Bull Street; Columbia, SC 29201. (803) 758-4132.

9. Policy and Procedure Manual. J. K. Davidson; H. K. Delcher. 2d ed. Atlanta: Grady Memorial Hospital; 1977. 227 p.

This comprehensive reference manual was prepared for primary contact professionals to whom patients have continuing access in the Diabetes Unit. It describes: (1) the roles played by all members of the diabetes team (physician, nurse, dietician, podiatrist, other allied health and supporting personnel); (2) patient care processes related to diabetes and its complications; (3) general medical treatment (primary care) algorithms; and (4) outcome audits which have proved cost-effective. In addition to numerous figures and tables, 17 pages of treatment recording forms are included.

Price: $10.50.

Source: Grady Memorial Hospital; Diabetes Unit; 69 Butler Street, S.E.; Atlanta, GA 30303. (404) 588-3716.

10. Staff Manual for Teaching Patients about Diabetes Mellitus. [anon.]. Chicago: American Hospital Association; 1979. 385 p.

This manual has been designed for use as an independent study guide or as the basis for group training sessions. Chapters begin with a list of learning objectives and end with study questions and exercises geared to stimulate learning and participation. When appropriate, chapters also include resource materials, patient handouts, and reference lists. This three-ring binder contains information on psychosocial issues, diet, the teaching-learning process, and organizing for patient education among others. (AA-M)

Price: $37.75.

Source: American Hospital Association; P.O. Box 96003; Chicago, IL 60693. (312) 280-6000.

PROFESSIONAL RESOURCES

Nonprint Materials

11. Education of the Diabetic Patient in the Community [Sound recording]. M. Taberski. Buffalo: Communications in Learning; 1974. 1 cassette; 24 min. Accompanied by: a handout, 7 p.

This program includes a detailed overview of diabetic patient education. Topics discussed are historical background and a review of studies emphasizing the importance of and methods of diabetes education. (UM)

Price: Sale: $11.90 plus shipping. Order No.: 167404.

Source: Communications in Learning, Inc.; 2929 Main Street; Buffalo, NY 14214. (716) 837-7555.

12. Juvenile Diabetes: Family Teaching [Sound recording]. S. Kaiser. Buffalo: Communications in Learning; 1973. 1 cassette; 18 min. Accompanied by: a handout.

This program discusses the important points to be considered in juvenile diabetic problem management. The child's acceptance of his problem, the impact on the family, and the role of the school in the child's development are stressed. (UM)

Price: Sale: $11.50 plus shipping. Order No.: 167313.

Source: Communications in Learning, Inc.; 2929 Main Street; Buffalo, NY 14214. (716) 837-7555.

13. Teaching the Patient with Diabetes. [Slide-tape, filmstrip, Labelle, autoscan]. Garden Grove, CA: Trainex; 1970. 107 slides; color; 2 x 2 in. Accompanied by: 1 cassette, 31 min. and script. (Diabetes Counseling Series; No. 193).

Designed to instruct nurses in teaching hospitalized diabetic patients, Part I outlines the steps for initiating patient instruction: determining goals with the patient's physician; establishing a set time for instruction; encouraging reluctant patients; providing understandable explanations of the disease; and assigning easy tasks. Formal instruction includes urine testings and insulin injection techniques, and use and care of equipment. Each procedure is illustrated in detail. Part II depicts measuring of insulin dosage using U-40 insulin, teaching diet control to supplement a dietician's role, teaching proper foot care and preparing the patient for discharge.

The teaching goals and objectives are summarized after each unit throughout the presentation. Also available in Spanish. (UM)

AVLINE: Audience level: -- Allied Health: undergraduate. -- Nursing: undergraduate. -- Specialty: medical nursing, physician's assistants. Rating: Recommended. Review date: Feb. 1976. Reviewer: AAMC/Nursing care. Learning method: Lecture support.

Price: Loan: Write for complete information. Sale: $90 (slides); $70 (filmstrip & record); $75 (filmstrip & cassette); $90 (Labelle); $95 (autoscan).

Source: Trainex Corporation; 12601 Industry Street; Garden Grove, CA 92642. (800) 854-2485.

14. Teaching the Patient with Diabetes Mellitus [Sound recording]. Buffalo: Communications in Learning; 1973. 1 cassette; 18 min. Accompanied by: a handout, 2 p.

In this program the essential elements in successful management of diabetes mellitus are presented. These components are then correlated with the health professional's responsiblity for communicating knowledge about the disease to the patient and his family. (UM)

Price: Sale: $10.90 plus shipping. Order No.: 167329

Source: Communications in Learning, Inc.; 2929 Main Street; Buffalo, NY 14214. (716) 837-7555.

PATIENT RESOURCES

Print Materials

15. [Danny Diabetes Series]. G. Auten; J. Carawan; W. Dykstra; P. Gebhardt M. Huang; A. Marciag. Chapel Hill: Patient Education Center; 1976. 5 booklets.

Intended for use by young children with professional assistance, each of the five booklets contains puzzles, games, and pictures to color. Cartoon characters help explain terms such as glucose, ketone, and insulin. "A Visit with Danny Diabetes" presents a definition of diabetes. "Danny Diabetes Learns to Test his Urine" offers a step-by-step procedure for using the Clinitest kit. "Picture Pages for Insulin" illustrates how to administer an insulin shot and lists do's and don'ts about insulin. "Danny Diabetes Learns about Hyperglycemia and Hypoglycemia" defines the terms and describes symptoms and corrective actions. "You Need the Eight Foods Every Day to be Healthy," lists some examples for each food group and briefly discusses carbohydrates, protein foods, and fats.

Price: $1.00/ea.

Source: Patient Education Center; North Carolina Memorial Hospital; Manning Drive; P.O. Box 515; Chapel Hill, NC 27514. (919) 966-1091.

16. Diabetes Like It Is. A. Hamory; C. Sanborn. Charlottesville: University of Virginia Medical Center; 1976. 36 p.

This illustrated booklet provides general information about diabetes and its treatment. The diabetic diet is discussed, and procedures for urine testing and insulin administration are listed. Symptoms of low blood sugar and its treatment are given. The importance of exercise, skin and foot care, and sick day rules are explained.

Price: Free.

Source: University of Virginia Diabetes Center; Department of Pharmacology; Box 448; Attn: Iris Nickols; Charlottesville, VA 22908. (804) 924-5246.

17. Diabetes Manual. E. B. Cohen; D. D. Etzwiler. 5th ed. Minneapolis: Health Education for Living Program; 1976. 94 p.

Topics range from diagnosis to adjustments. Individual chapters define diabetes and discuss specific aspects of treatment: diet and

nutrition, insulin, pills, and personal hygiene; exercise; and follow-up on diabetes control. A chapter on social adjustments discusses issues of school age children, employment, emotional and physical stress, and pregnancy among others. Also included are a brief discussion of research and a dictionary of commonly found medical terms related to diabetes.

Price: $8.50 plus $0.50 postage.

Source: Diabetes Education Center; Health Education for Living Program, Inc.; 4959 Excelsior Boulevard; Minneapolis, MN 55416. (612) 920-6742.

18. Diabetes Mellitus: An Instructional Guide for Patients and their Teachers. P. J. Brizzie; P. M. Severson. Albany: New York State Department of Health; 1978. 79 p.

This manual describes methods which have proved useful and efficient for patients in an established educational program in Eastern New York State. Contents include chapters on urine testing, insulin, oral hypoglycemic agents, hypo- and hyperglycemia, food label evaluation, exercise, foot care, sick day rules, special occasions, and use of alcohol. Topics are presented in question-and-answer format with supplementary drawings and charts. Teaching devices established for mass education are also available; interested persons should contact the source directly.

Price: $2.00.

Source: Health Education Service, Inc.; P.O. Box 7126; Albany, NY 12224. (518) 392-3951.

19. Diabetes Mellitus...What's It All About? S. K. Milchovich; B. L. Dunn. 2d ed. Anaheim: Anaheim Memorial Hospital; 1979. 94 p.

The most common signs and symptoms of diabetes, types of insulin, rules for general health care, and a detailed section on proper diet are presented. Suggestions are offered for incorporating the exchange system into the daily diet regime, caring for oneself when ill, and performing the techniques of insulin administration and urine testing. The basic physiology of diabetes, the need for identification, the different types of oral medications, and possible complications are also discussed.

Price: $6.35.

Source: Community Health Education Center; Anaheim Memorial Hospital; 1111 West La Palma Avenue; Anaheim, CA 92803. (713) 774-1450, ext. 633.

20. Diabetes Patient Education Teaching Manual. E. Cramer; H. Grohling; S. Mikle; G. Oglesby; B. Saucier; J. Shave. Mankato: Immanuel-St. Joseph's Hospital; 1977. 26 p.

This typewritten teaching manual is one of an eight part kit which also includes a food selection flipchart, two audiocassettes, a nutrition guide, urine test flipchart and book, posters, and instruction sheets. Written for health professionals, the manual includes behavioral objectives for each of five topics: what is diabetes, urine testing, diet, use of medication, acute complications, and planning for discharge. Teaching aids are suggested. The complete Diabetic Patient Education Kit costs $63.25. Individual parts can be purchased separately. To preview the kit, there is a $5.00 charge, plus postage and handling, which can be applied toward the purchase price.

Price: $5.00.

Source: Immanuel-St. Joseph's Hospital; Mankato, MN 56001. (507) 625-4031, ext. 2651.

21. Diabetes: Stuff and More Stuff. Lincoln Memorial Education Foundation. Lincoln, NE: Hospital Educators Resource Catalogs; 1977. 48 p.

This book was written to help diabetic children learn about diet, insulin, and exercise requirements. Simple drawings and cartoons illustrate the main teaching points. A short glossary ("Words to Learn") and a resource list ("More Stuff") are included. Personal anecdotes by a 12 year old girl and a 13 year old boy help place the material in context. A pocket in the back cover contains supplementary material for parents.

Price: $4.75 plus $2.00 postage.

Source: Hospital Educators Resource Catalogs; P.O. Box 30090; Lincoln, NE 68503. (402) 474-4804.

22. Diabetes Teaching Guide. G. P. Kozak, comp. Boston: Joslin Diabetes Foundation; 1977. 61 p.

The guide presents basic information and specific self-care instructions for patients at the Joslin Clinic. Numerous figures and tables accompany the text on topics which include urine testing, the diabetic diet, and insulin. An appendix contains a list of historical milestones; height and weight tables; energy requirements of common activities; amounts of carbohydrate, alcohol, and calories in alcoholic drinks; and other reference material. Information about hospitalization billing procedures and class schedules for Joslin patients is also included. This guide is also available in Spanish under the title "Guia de Instruccion para el Diabetico." (See number 23, below).

Price: $4.00.

Source: Joslin Clinic; One Joslin Place; Boston, MA 02215. (617) 732-2539.

23. Guia de Instruccion para el Diabetico. G. P. Kozak, comp. Boston: Joslin Diabetes Foundation; 1976. 71 p.

This is the Spanish verson of "Diabetes Teaching Guide," number 22, above. Topics include urine testing, diabetic diet, insulin use and administration, sick day rules, and oral hypoglycemic compounds among others. A patient class schedule is given.

Price: $4.00.

Source: Joslin Clinic; One Joslin Place; Boston, MA 02215. (617) 732-2539.

24. A Guide to Self-Care in Diabetes. [anon.]. Lincoln, NE: Nebraska Regional Medical Program; 1974. 102 p.

The loose-leaf guide gives basic information for the newly diagnosed diabetic and aids nurses and dietitians in their instruction of the patient. Designed as a reference for the diabetic and his family, it describes common problems, and emergency situations. Material is presented in question-and-answer format. Resources are included. A complete teaching plan and reference guide is also available for nurses and dietitians. (See number 7, above) It includes guidelines for assessing patient knowledge, approaches to patients, outlines for nutrition histories, group class outlines, records, and resources.

Price: $5.00 plus $1.20 postage.

Source: American Diabetes Association, Nebraska Affiliate, Inc.; 7377 Pacific Street; Oak Park Plaza, Suite 216; Omaha, NE 68114. (402) 391-1251.

25. An Instructional Aid on Juvenile Diabetes Mellitus. L. B. Travis. 5th ed. Galveston: University of Texas Medical Branch; 1978. 124 p.

Each topic is followed by a brief test which the user should complete successfully before proceeding to the next section. Contents include general information about normal sugar/insulin metabolism; urine sugar and urine acetone; insulins, syringes, needles and records; how to change insulin dose based on urine sugar and diet; and management of hypoglycemia and ketosis. Text is supported by numerous colored charts, graphs, illustrations, and cartoons.

Price: $3.75 plus $1. shipping.

Source: American Diabetes Association, South Texas Affiliate, Inc.; P.O. Box 14926; Austin, TX 78761. (512) 454-7614.

26. Joslin Diabetes Manual. L. P. Krall, ed. 11th ed. Philadelphia: Lea and Febiger; 1978. 324 p.

The eleventh edition of this manual is intended for the average to well-educated person. It is designed to provide all information a diabetic may need and includes sections on oral hypoglycemic agents, alcohol, birth control pills, ear piercing, and smoking in addition to information about diet, insulin, and urine testing. The ten appendices range from useful addresses throughout the world and European-made insulins to sick-day rules. There are many illustrations, some in color, and numerous charts.

Price: $8.50.

Source: Lea and Febiger; 600 South Washington Square; Philadelphia, PA 19106. (215) 922-1330.

27. Living with Diabetes Mellitus: An Instruction Manual. B. A. Deal; H. L. Bachrach. Torrance: Harbor General Hospital; 1978. 50 p.

This study guide emphasizes the techniques and methodology of using insulin to control diabetes. Following a definition and discussion of diabetes and its inheritance, topics covered include ketoacidosis and its prevention; tests for glucose, ketones, and acetone; insulin concentrations, characteristics, injection, measurement, and reaction; glucagon, insulin adjustment for one and two daily doses; split-dose insulin; comparative actions of insulin; supplemental insulin; sick day rules; local skin reaction; exercise and insulin; oral hypoglycemic agents and precautions; foot care; diet and artificial sweeteners; and complications of diabetes. The typewritten text is supplemented with drawings and tables.

Price: Write for complete information.

Source: Harbor General Hospital; 1000 West Carson Street; Torrance, CA 90509. (213) 533-2757.

28. [Patient Education Center Series]. Chapel Hill: North Carolina Memorial Hospital; 1973-77. 8 booklets.

This series of illustrated booklets describes different aspects of diabetes and its treatment. Each section within a booklet is followed by questions which reinforce what the patient has read. "Adult-Onset Diabetes" explains how the body gets sugar, the role of insulin, and cause, effects, complications, and treatment of diabetes using auto-

mobile freeways as an analogy. "Diabetes Urine Testing Using Keto-Diastix" discusses this product and lists procedures for its use. "Diabetic Urine Testing for Glucose Using Clinitest Two-Drop Method" describes proper procedures for urine testing. The parts of a syringe, sterile techniques, and how to destroy the needle and syringe tips are offered in "The Disposable Syringe." In "Exchange Food Plan for Diabetics" information on the diabetic diet is provided. Information on the dangers of high and low blood sugar and how to treat these conditions are explained in "High Blood Sugar: Danger to the Diabetic" and "Low Blood Sugar: Danger to the Diabetic." "What is Diabetes?" explains how sugar gets into the body, what insulin is, and where insulin is made.

Price: Write for complete information.

Source: Patient Education Center; North Carolina Memorial Hospital; Manning Drive; P.O. Box 515; Chapel Hill, NC 27514. (919) 966-1091.

29. Reference Guide for Diabetics and their Families. Diabetes Education Committee. Morristown, NJ: Morristown Memorial Hospital; 1978. 80 p.

This manual is intended as a reference for the diabetic person's self care plan. Information is given for daily control of diabetes and routine health maintenance. Diet, medications, hyperglycemia, hypoglycemia, urine testing, exercise, identification, and sick day rules are among the topics discussed

Price: $5.

Source: Department of Community Health Education; 100 Madison Avenue; Morristown Memorial Hospital; Morristown, NJ 07960. (201) 540-5304.

30. A Survival Kit for Diabetics. A. Christy; J. Skaalure; S. Weinzierl. Minneapolis: Metropolitan Medical Center; 1978. 210 p.

The kit is used by the Diabetes Teaching Service to summarize diabetic classes and as a reference and guide for diabetics and their families. The contents include 12 instructional units organized into three parts: (1) Healthy Living, (2) Healthy Eating, and (3) A Healthy Future. A short glossary, local community resources, and references are included. Each unit ends with several study questions and space for responses. Simple drawings and cartoons illustrate the text.

Price: $10; $9/5 to 15 copies; $8.50/bulk rate.

Source: Metropolitan Medical Center, Diabetes Education; 900 South 8th Street; Minneapolis, MN 55404. (612) 347-4402.

31. Understanding Diabetes. J. W. Stephens. Beaverton, OR: Touchstone Press; 1975. 192 p.

This manual is designed as a reference book for diabetics, their family members, and nurses and dieticians interested in training those who have been referred for education and treatment. Areas receiving special attention are hypoglycemia, hyperlipidemia, obesity, pregnancy, travel, and adjustment to time zone changes. Instructions for dietary management, insulin administration, urine testing, and foot care are also included. (AA-M)

Price: $3.95.

Source: Touchstone Press; P.O. Box 81; Beaverton, OR 97005. (503) 646-8081.

32. Understanding Diabetes Mellitus. D. Anger; K. Moreland. Buffalo: Veterans Administration Hospital; 1977. 66 p.

This booklet offers an overview of diabetes mellitus; instructions on care of the feet; discussions of diabetic coma, insulin reaction, complications and exercise; brief explanations of drugs; guidelines for insulin administration; and information on diet and nutrition. The text is typewritten. Instructions are illustrated by cartoons and simple line drawings.

Price: Available to V.A. Hospitals only. Write for complete information.

Source: Veterans Administration Hospital; Diabetic Teaching Service; 3495 Bailey Avenue; Buffalo, NY 14215. (716) 834-9200.

33. What Is Diabetes? D. Sims, ed. Burlington, VT: Vermont Diabetes Association; 1977. 142 p.

This loose-leaf notebook about the daily management of both insulin-dependent and non-insulin-dependent diabetes was written for patients and professionals. Goals and daily routines of treatment for two types of diabetes are defined and discussed separately; specific instructions are given in positive terms; information about how the body works is emphasized. Although the notebook provides materials which can serve as a background for making choices between various modes of therapy, readers are cautioned against substituting the book for guidance by a physician. References, charts, and forms supplement the typewritten text. Pen and ink drawings illustrate patients' questions and insights. Annual updates are planned.

Price: $6.50.

Source: American Diabetes Association, Vermont Affiliate, Inc.; 106 Colchester Avenue; Burlington, VT 05401. (802) 862-3882.

PATIENT RESOURCES

Nonprint Material

34. Getting Started [Sound recording]. Rochelle Park, NJ: Becton, Dickinson; 1977. 1 cassette; 20 min. Accompanied by: printed materials.

This program is designed to educate the newly diagnosed insulin-dependent diabetic about this condition. The program, designed for use in hospitals, includes an audiocassette, a follow-along book, and a patient take home book. The "take home kit" contains a patient brochure on diabetes and its control, sample packs of insulin syringes and alcohol swabs, coupons for savings on syringes and cotton swabs, a diabetic ID card, a graphic chart to aid in insulin injection rotation, and an informative leaflet about the Juvenile Diabetes Foundation. (UM-M)

Price: $7.00.

Source: Becton, Dickinson Consumer Products; 365 West Passaic Street; Rochelle Park, NJ 07662. (201) 368-7360.

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